



Il wing chun e i suoi principi (Italian Edition)

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Il wing chun e i suoi principi si pone l'ambizioso fine di osservare un'arte marziale tanto affascinante da un'ottica poco comune, quella dei principi e delle dinamiche psicofisiche dietro cui è stato costruito un intero immaginario.

Per ogni principio l'autore si premura di suggerire un esercizio pratico tramite cui sperimentare in prima persona le teorie e i concetti filosofici.

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